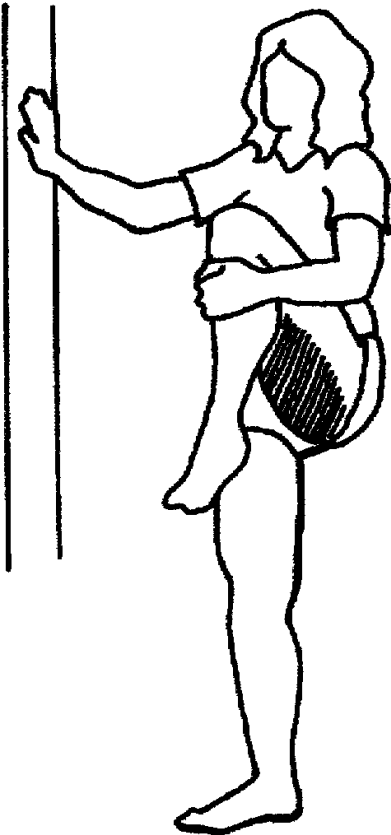
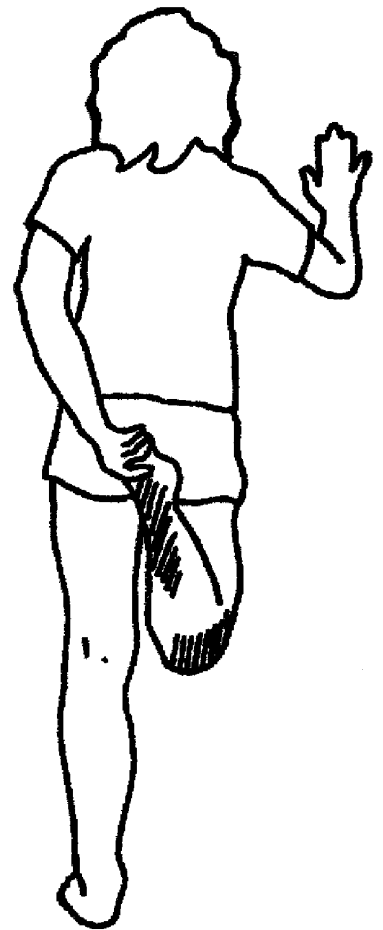


# STRETCHING

9

To stretch the quad and the knee, hold the top of your right foot with your left hand and gently pull your foot toward your buttocks. Hold the stretch for 15 to 30 seconds, relax and repeat on the other leg.



10

Using an object for balance, pull your knee toward your chest. Do not lean forward. The foot on the ground should be pointed straight ahead with the knee slightly bent. Hold for 15 seconds, relax and repeat with the other leg.

11

To stretch your calf, stand close to a stable object, lean on it with your hands or forearms. Take a giant step backwards with your left foot, press your hips forward while keeping your back heel pressed to the floor and toes facing forward. Hold for 15 to 30 seconds, relax and repeat on the other leg.

